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| CERTIFICATE OF MAILING BY "EXPRESS MAIL" (37 CFR 1.10) Applicant(s): Forrest B. Phillips | | Docket No. 1877 | |
| Serial No. 09/637,266 | Filing Date December 7, 2000 | Examiner J.W. Donnelly | Group Art Unit 3764 |

Invention: **Sliding Exercise Apparatus And Recreation Device**

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I hereby certify that the following correspondence:

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Amendment

TECHNOLOGY CENTER 3700

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PATENT
DOCKET No. 1877

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

Inventor: **Forrest B. Phillips**

Serial No.: **09/637,266**

Art Unit: **3764**

Filed: **December 7, 2000**

Examiner: **J.W. Donnelly**

For: **Sliding Exercise Apparatus and Recreational Device**

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02 FC:2203

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REPLY TO OFFICE ACTION OF JANUARY 20, 2004

Commissioner for Patents
Alexandria, VA 22313-1450

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JUL 20 2004

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Dear Sirs:

Forrest B. Phillips, inventor of the above-identified application and referred to herein as Applicant, hereby replies under 37 CFR 1.111 to the Office action mailed January 20, 2004 as follows:

Amendments to the Specification begin on page 3 of this paper.

Amendments to the Claims are reflected in the listing of claims which begins on page 28 of this paper.

Amendments to the Drawings begin on page 36 of this paper and include both an attached replacement sheet and an annotated sheet showing changes.

Amendment to the Abstract begins on page 37 of this paper.

Remarks/Arguments begin on page 38 of this paper.

An **Appendix** including amended drawing figures is attached following page 40 of this paper.